

TRACKING ...

NEWS

Economy boosts
recruiting numbers
PAGE 3



Reserve unit leaves
for overseas tour
PAGE 6

RESERVE



Program focuses on
post-deployment aid
PAGE 11

INDEX

Commanders	2	Happenings	19
News	3-6	Health	22
Veterans	8	School	23
Year of the NCO	10	Chapel	24
Reserves	11	Legal / IG	25
FMWR	16	Police	29
Around Post	17-18	Sports	31

The Fort Jackson
Leader



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Summer sizzle



Photo by CRYSTAL LEWIS BROWN

Pvt. Shantes Baxter, a Basic Combat Training Soldier with Company B, 3rd Battalion, 13th Infantry Regiment, takes a drink from her canteen during a break. Experts recommend Soldiers drink 12 quarts of water per day.

Heat injuries a threat to IET Soldiers, cadre

By CRYSTAL LEWIS BROWN
Fort Jackson Leader

Less than a week into summer — and with weekend temperatures expected to reach the high 90s — Fort Jackson leaders are doing their part to keep the post’s IET Soldiers safe.

Sean O’Brian, head of Fort Jackson’s Safety Center, said the impact of heat is often underestimated.

“While the motor vehicle remains the No. 1 threat to our Soldiers and civilians ... heat remains an ever-present threat, particularly to our Initial Entry Training Soldiers,” he said.

With Soldiers training in high temperatures — often while wearing full “battle rat-

tle” — it is important for cadre and other leaders to stay informed on what constitutes a heat injury and how to prevent it.

According to Safety Center heat injury prevention guidelines, examples of a heat casualty include Soldiers who suffer from heat cramps, heat exhaustion, heat stroke or water intoxication.

The trick for Basic Combat Training cadre is to provide Soldiers adequate training, while maintaining their safety; something O’Brian said they have successfully done.

“Our leaders do a really good job of conducting hard, realistic training, while mitigating the effects of heat,” he said.

One such leader is Capt. Mia Grover, Company D, 2nd Battalion, 39th Infantry Regiment commander.

Each day, she said, pallets of ice are delivered to the battalion to ensure Soldiers have an adequate supply.

“We make sure there is ice on site everywhere we go,” she said.

She said a daily “hydration formation” before lights out is also important.

“It’s just to make sure everybody is accounted for,” she said. “That’s when they hydrate and (we) check their Ogden cords.”

The Ogden cord, a small piece of string holding several beads, is attached to a Soldier’s uniform and is a visual indicator of how much water the Soldier has taken in over the course of the day.

“Every time they drink a canteen of water,

See TRAINING: Page 6

Summer plans include safety

After a week of near triple-digit temperatures, I don't think I need to state the obvious that summer is here.

In fact, I expect that many of you already have begun to enjoy the season, spending time with your friends and family, driving here and there, as well as taking part in outdoor activities.

Without trying to rain on your fun or cloud your sunny days, I want you all to stop for a second and make a promise to yourself that you will make a conscious effort to practice safety this summer, no matter what you might be doing or where you are heading.

I can't emphasize enough that the safety of all members of the Fort Jackson community — Soldier and civilian — is always foremost in my mind. I ask you to remember that Composite Risk Management applies to all our activities, on and off duty.

Always take some time and consider the risks associated with any activity and implement effective control measures to help you mitigate or eliminate the hazards.

Summer temperatures, coupled with the extreme humidity that is all too common in the South, make it necessary to exercise every precaution to ensure the safety of

**BRIG. GEN.
BRADLEY W. MAY**
*Fort Jackson
Commanding
General*



our Soldiers and others who spend much of their time outdoors here on Fort Jackson.

Days with temperatures in the 90s can be expected throughout most of the summer here in the Midlands. So it is important to stay hydrated by drinking plenty of water.

You have no doubt noticed the recent string of drownings in the area. Water activities can be a lot of fun and a great way to spend time with friends and family, but take part in them safely — remembering to keep a constant eye on the youngsters.

One good way is to consider swimming lessons for

you and your family. If you intend to go boating, make sure you have completed a boating safety course. When on the water, regardless of what type of watercraft you are using, always wear a personal floatation device. The Coast Guard has excellent water safety information available on its Web site at <http://www.uscgboating.org/index.aspx>.

The United States Army Combat Readiness Center has put together a truly outstanding Safe Summer Campaign Web page that provides tips, tactics and procedures to be safe throughout the summer. You can find the Web page on the Combat Readiness Center Web site at <https://safety.army.mil/>.

Leaders at all levels have been charged to ensure you have the knowledge and tools you need to stay safe, but let me also encourage you to engage the folks at the Fort Jackson Safety Center for assistance. They provide a wide variety of products and training. You can contact them at 751-6004.

I remain committed to the idea that we can work, train, and play hard and still remain safe, as long as we keep our head in the game and take care of one another.

Be smart. Be safe. Enjoy.

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Spinning classes; ADPAAS; Venturepoint youth programs

I have noticed that Vanguard Gym now has several exercise bikes for spinning. How can I sign up for a class?

Family and Morale, Welfare and Recreation offers spin classes at Vanguard Gym five days a week. To sign up for a class, you must be a registered class patron. You can register at the Solomon Center front desk. Aerobics and fitness classes are \$20 per month. The spin classes are offered in the morning, noon and evening hours. The class descriptions that are offered include long rides, spin and pump, circuit rides and power climbs. Spinning is an excellent low impact cardio workout. For information, call Pamela Greene at 751-5768.

What is ADPAAS?

ADPAAS refers to the U.S. Army Disaster Personnel Accountability and Assessment System. ADPAAS standardizes a method for the Army to account, assess, manage and monitor the recovery process for personnel and their families affected and/or scattered by a widespread catastrophic event.

The ADPAAS provides valuable information to all levels of the Army chain of command allowing commanders to make strategic decisions, which facilitate a return to stability. The ADPAAS system allows the Army to do the following: report accounting status, update contact/location information, complete needs assessment and view reference information.

I have been hearing about some new youth programs coming to Fort Jackson that might be beneficial for my three children, ages 8, 11 and 15. What are the details, and how can I get my children involved?

**COL.
LILLIAN A. DIXON**
*Fort Jackson
Garrison
Commander*



The new youth programs you have been hearing about are part of a new Army youth initiative called Venturepoint.

Venturepoint includes three programs: The EDGE, a new after-school program offered 3-6 p.m. The program is free for teenagers and offered at an hourly care rate for 6-10 year olds. Hired is a teen apprenticeship program for 15-18 year olds, which places teens to work in FMWR facilities; and Kids On Site, which provides on-site child care at FMWR facilities on request, such as the bowling center, golf course, gyms, etc. to enable more parents to use the facilities.

For more information about these programs, see Page 16 or call Beverly Metcalfe, FMWR Partnerships Specialist at 751-3053.

GARRISON FACT OF THE WEEK

Riding a bike at a moderate speed, 12-14 mph, can burn approximately 235 calories per half hour. So, dust off the bike in your garage and take a ride.

To submit questions, call 751-2842, or e-mail scott.nahrwold@conus.army.mil.

Economy boosts recruitment numbers

By **DELAWESE FULTON**
Fort Jackson Leader

The economy and related factors have buoyed the Army's recruitment efforts for 2009, say officials with U.S. Army Recruiting Command and the 120th Adjutant General Battalion (Reception).

"We're running ahead of our goal in active and reserve duty (recruits)," said Douglas Smith, spokesman for USAREC, based at Fort Knox, Ky.

Smith said that as of May 22, the Army had exceeded its year-to-date recruitment goals. Before summer officially started, the Army had bested its 2008 active duty rolls by more than 1,800, enlisting 42,357. And its reserve enlistments totaled 19,554 — a jump of 2,464 from a year ago.

Fort Jackson, the Army's largest Initial Entry Training installation, trains more than 40,000 new Soldiers each year.

The bulk of those Soldiers are processed during late May through the end of September, which is commonly re-

ferred to as the "summer surge," said James Allen, chief of Fort Jackson's Initial Receiving Branch at the Reception Battalion.

However, this year it seems the bulk of the Army's recruits will have been processed before Memorial Day. Officials say this is not surprising, especially when our nation's unemployment rate hovers near 10 percent — its highest in decades. Major industries are having severe contractions, and the economy is in an intense upheaval.

"When I talk to Soldiers, they mention (having) a job, education and wanting to do something more" as their reasons for joining, Allen said.

USAREC's Smith agrees that the economy is playing an important role in the influx of enlistees.

"Anecdotally, we're (also) hearing people are enlisting because of a loss of jobs ... and they are finding options with the Army that they aren't seeing in the civilian environment," Allen said. "There is skilled training in 150 job series, good pay and housing"

Capt. Susan Soderberg — commanding officer for

Company E, 3rd Battalion, 60th Infantry Battalion — said there are so many new recruits that there is a "big backlog." Company E, made up of reservists, has been activated every summer to assist with the training of new recruits.

Soderberg said that as of May, each of the battalion's six training companies had 231 new recruits. The maximum per company is 240.

"Every time the economy gets shaky, people tend to go into the services — jobs which they see as secure," she said.

Besides job security, Company E 1st Sgt. Karl Rivers said he has also seen a renewed sense of patriotism among new recruits.

"They really want to be supportive of the American people," he said.

In addition, Rivers wants the new Soldiers' families to know that their sons and daughters are in good hands.

"We're training them how to survive. Go out there, fight, come back home and live a normal life," Rivers said.

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New 'Forty Rounds' commander



Photo by SUSANNE KAPPLER

Lt. Col. Benjamin Higginbotham, left, accepts the colors of the 3rd Battalion, 13th Infantry Regiment from Col. Brian Prosser, 193rd Infantry Brigade commander in a Change of Command ceremony Tuesday at the Officers' Club. Higginbotham replaces Lt. Col. Randall Harris.

New AG chief



Photo by CRYSTAL LEWIS BROWN

Col. Robert Manning, Adjutant General School commandant, passes the sword to Chief Warrant Officer 5 Scott Hagar in a Change of Responsibility ceremony June 18 in the Soldier Support Institute auditorium. Hagar replaces Chief Warrant Officer 5 Ronald Galloway.

Housing Happenings

❑ Recreational vehicle storage space is available for active duty service members who reside on post. Whether you reside in on-post housing or at the Single Soldier Complex, your RV may be stored at no cost. For information on how to use this free service contact Tina Barnes at the Residential Communities Office, 5939 Thomas Court or call 751-9339.

❑ In order to keep the community beautiful, all abandoned toys, bikes, clothing, etc. will be picked up by Balfour Beatty Communities staff and placed in a lost and found. If you are missing an item, please contact the maintenance shop at 787-6416.

❑ LifeWorks events are always free and open to all residents. To register, or for more information, contact Courtney

at 738-8275 or e-mail CoWilliams@bbcgrp.com. Join the LifeWorks e-mail list and stay informed. Send your contact information to Courtney today.

❑ June Yard of the Month nominations are currently being accepted. E-mail your nominations to CoWilliams@bbcgrp.com or call 738-8275.

❑ Parents are reminded to keep children away from the fenced in areas as construction continues. With abatement and demolition, the structures can become weakened and could cause serious injury.

❑ Lease renewals are being accepted for those with leases expiring July 31. Get extra money just for renewing your lease. Call the Community Management Office today to

schedule an appointment.

❑ Balfour Beatty Communities is now leasing to single Soldiers E6 and above. There are a limited number of apartments available on Thomas Court for single Soldiers. Contact the Community Management office for details. If you refer someone and they move in, you will receive \$300.

❑ The Housing Services Office is available to assist residents with any relocation needs — including buying or renting housing in the area. The HSO can even assist during a PCS move. Services are available to both military and civilians. The HSO office also allows property owners/managers to list property for sale or rent through its office. Call 751-7566/5331/5788, or visit the Strom Thurmond Building, Room 241 for information.

Counseling services expand for Soldiers, family members

By DELAWASE FULTON
Fort Jackson Leader

The number of Military OneSource face-to-face counseling sessions available for active duty Soldiers and their families has doubled to 12.

The DoD, via its Military OneSource program, recently expanded counseling services to better assist military families with stresses of day-to-day life and the affects of war.

Carla Atkinson, director of Army Community Service at Fort Jackson, said having the additional face-to-face counseling sessions can prove invaluable to active duty Soldiers and their dependents.

"It is completely confidential, nothing is put in the Soldier's file," Atkinson said.

The Military OneSource counseling services and its crisis line are separate from TRICARE, the military health insurance plan. She said the additional counseling sessions would allow for more comprehensive care for Soldiers and families, providing additional professional guidance in working through stressors and other problems.

Atkinson said it is unclear how many Soldiers and families use the program's counseling services. Nonetheless, it is important that they know a valuable resource is readily

CAMPAIGN PLAN FOCUS



Military OneSource is a program aimed at enhancing Soldier (and family member) resiliency, which is recognized in the Fort Jackson campaign plan as a major objective (7.1 on the strategy map). It is designed to improve Soldiers' and family members' quality of life, one of the campaign plan's three lines of operation.

available to them.

The Military OneSource crisis line is staffed by licensed consultants 24 hours a day, seven days week. The consultants refer active duty Soldiers and their dependents to health care professionals who can meet with them and discuss their needs.

Soldiers and families can access Military OneSource counseling services online at www.MilitaryOneSource.com, or by calling 1-800-342-9647.

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Torchlight Tattoo on tap for July 3

By SUSANNE KAPPLER
Fort Jackson Leader

Fort Jackson will celebrate its annual Torchlight Tattoo July 3 at Hilton Field.

The Independence Day celebration will feature a concert by the 282nd Army "Victory" Band, beginning 8 p.m. The Salute to the Nation ceremony is scheduled to start 9 p.m., followed by a 30-minute fireworks display.

Parking areas will open 3:30 p.m. Concession stands and a children's play areas are scheduled to open 4 p.m.

Vehicles that are not registered with DoD can enter the post through Gates 2, 4 or 5. Gate 1 is open for DoD-decal vehicles only. Traffic control points will be set up throughout the installation to ease the traffic flow.

Between 8,000 and 10,000 Soldiers will be on hand for the ceremony, and thousands of civilian spectators are expected to attend.

Planning for this year's event began in April and is a Fort Jackson-wide effort, said Chip Martin, Soldier Support Institute operations officer, who is one of the organizers.

"I can't think of one part of the post that's not somehow involved in the process," Martin said.

To ensure the smooth execution of the plans, two rehearsals and a rehearsal of concept drill precede the event. Hundreds of Fort Jackson Soldiers and civilians will be involved in the ceremony — ranging from bus drivers to Soldiers who participate in on-field activities.

"(Planning) is a continuous process, particularly the last three weeks," Martin said.

Susanne.Kappler1@us.army.mil

H1N1 update

Five cases of H1N1 flu have been confirmed on Fort Jackson within the past week. There have been a total of 12 H1N1 cases since April.

Moncrief Army Community Hospital is awaiting laboratory results in 14 other cases in which patients tested positive for Type A flu.

If a Fort Jackson patient complains of flu-like symptoms and tests positive for Type A flu on a rapid flu test, a lab specimen is forwarded to South Carolina Department of Health and Environmental Control for further evaluation.

The results are usually known within 24 to 48 hours. Until the results are returned, the patients are cared for in isolation.

Fort Jackson has been monitoring H1N1 flu cases since April. Fort Jackson's command group will continue to notify the community of any significant changes in the current situation.

Reserve unit readies for deployment

By **STAFF SGT. W. WATSON MARTIN**
319th Mobile Public Affairs Detachment

Willie Mays held his 10-month-old daughter Jessica, as he watched his young wife, Sgt. Lexis Penny-Mays, stand in formation for a going away ceremony Saturday at the Solomon Center.

"This is my first deployment, so I'm a little nervous and will definitely miss my family," said Penny-Mays, a personnel specialist. "It'll especially be hard not be here for Jessica's first birthday."

Her Army Reserve unit, the 310th Human Resources Sustainment Center based here, will deploy to Kuwait for a one-year tour this summer.

"We are very proud of the transformation of the 310th HRSC from a personnel command, especially considering they will be the first Army Reserve HRSC to deploy to a combat zone," said Sgt. Major Jose Licea, the 143rd Sustainment Command (Expeditionary) Operations Sgt. Major visiting from Orlando, Fla.

"I'm very honored to help lead our Soldiers on this mission," said 310th HRSC Sgt. Maj. Catherine Berner. "We'll report to the 1st Theater Sustainment Command in Kuwait and begin tracking personnel actions of troops throughout the theater of operations to include Iraq and Afghanistan."



Photo by **STAFF SGT. W. WATSON MARTIN**

Willie Mays holds his 10-month-old daughter, Jessica, as his wife, Sgt. Lexis Penny-Mays, 310th Human Resources Sustainment Center, caresses her cheek before the going away ceremony.

"As for leaving home, I'm definitely going to miss my husband Ray and my students at William Hubbard Middle School in Forsyth, Ga.," Berner said.

Her son, Davilan Berner, attended the ceremony with his 5- and 6-year-old nieces, Kayleigh and Kyla Berner.

"This is my mom's fourth deployment," he said. "I think it's important for the girls to see their grandmother at this ceremony. When I was five, I remember going to one of these before she headed off for Desert Storm, and it helped me make better sense of her going away."

The ceremony also allowed the leadership to reassure the families and praise the troops' professionalism.

"Together, I assure you, we will get the mission done, we'll do it safely, and we'll come home," said Col. Richard L. Scheider Sr., the director of the 310th HRSC.

After the ceremony, Scheider clarified that mission.

"Our mission is to plan, coordinate and synchronize theater level human resources operations including postal operations, casualty reporting and personnel accountability," he said.

The unit will arrive in theater after completing four to six weeks of mobilization training at a military training facility in Wisconsin.

The 310th HRSC and 143rd ESC are subordinate to the 81st Regional Readiness Sustainment Command "Wildcats."

Training leaders keep an eye on heat exhaustion

Continued from Page 1
they pull a bead," O'Brian said.

Each bead represents one quart of water.

The color-coded beads also tell cadre whether a Soldier may need special care. Red beads indicate a prior heat injury, blue indicates a cold weather injury and yellow indicates allergies. The standard beads are black.

The color-coded beads are important, said O'Brian, because a Soldier who has suffered a previous heat injury is more susceptible to one in the future.

Grover said she also monitors her Soldiers during chow time — checking for sweating, looking at their skin and looking at their eyes.

"Looking at their eyes and looking at their skin can tell a story," Grover said.

Cadre also teach combat lifesaver skills early during the summer months, and rehearse what Soldiers should do if they think a battle buddy is suffering from a heat injury.

O'Brian said it is also important to keep in mind what the Soldier has done within a 72-hour period when determining whether he or she has a possible heat injury.

Even if a Soldier spends a limited amount of time in the sun during one day



Photo by **CRYSTAL LEWIS BROWN**

The Ogden cord consists of color-coded beads used to monitor an IET Soldier's daily water intake.

of training, the cumulative effects of being in the heat can still cause illness.

"We advocate if the option is there, for Soldiers to take a cool shower," he said.

This brings the body temperature down, and "resets" the Soldier's body for the next day's training.

O'Brian said it is important to remember two words if a heat injury does occur - 911 and ice.

"If you have a heat injury, call 911 and wrap them up in an ice sheet," he said.

An ice sheet is a bed sheet that has been soaked in ice water.

SIGNS AND SYMPTOMS OF A POSSIBLE HEAT CASUALTY

COMMON SIGNS

- ☐ Dizziness
- ☐ Headache
- ☐ Nausea
- ☐ Unsteady walk
- ☐ Weakness or fatigue
- ☐ Muscle cramps

SERIOUS SIGNS/SYMPTOMS

- ☐ Hot body, high temperature
- ☐ Confusion, agitation
- ☐ Vomiting
- ☐ Involuntary bowel movement
- ☐ Convulsions
- ☐ Weak or rapid pulse
- ☐ Unresponsive, coma

Both O'Brian and Grover say it is up to the individual Soldiers and battle buddies to recognize when they have had enough, and inform cadre if they begin to feel ill.

"You have to know yourself, you have to know your buddy and you have to know your Soldiers," O'Brian said. "The Army is still a team concept."

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Tips for civilians

Although heat is one of the biggest threats to IET Soldiers, civilians should also take care when working during the hot summer months.

"The same general principles apply to civilians as to Soldiers," said Sean O'Brian, head of the Fort Jackson Safety Center.

Civilians who must work in the heat should "stay hydrated, stay out of the sun and seek shelter," O'Brian said.

Civilians who typically work in an air-conditioned environment should also take care when they are outdoors. Civilians may not be acclimated to being out in the heat like Soldiers who work outside daily.

Like Soldiers, O'Brian said civilians should watch their co-workers for any signs and symptoms of a heat injury, including a mental status change.

"If you're talking to me and 15 minutes from now ... I'm babbling, that's a mental status change," he said.

If that happens, contact emergency personnel immediately, he said. The worst thing to do, he added, is for civilians to be careful not to push themselves too far and to continue working if they feel ill.

Group helps veterans overcome PTSD

The motto of the South Carolina Combat Veterans Group is “All Gave Some — Some Gave All — Some Still Do.”

I experienced the “all gave some,” as I looked at a picture of my son’s friend who suffered a traumatic brain injury and lost an eye to an IED in Iraq.

“Some gave all,” hit home as I wept at a memorial service honoring my husband’s tank gunner, who was killed in action.

The meaning of “some still do,” became clear as I interviewed Tom Olds, commander of South Carolina Combat Veterans Group, and Larry Smalls, operations officer, and saw a pain in their eyes that went to the core of their souls.

During our conversation, I realized these men were fighting their own personal battles, while helping others cope with post traumatic stress disorder.

Most of the veterans’ stories begin on a battlefield with a Soldier facing such intense and traumatic combat that he or she may not be able to talk about it for years.

Some returned to an ungrateful nation that made it hard for them to wear the uniform. This caused feelings of guilt, which led to flashbacks and social isolation.

Sometimes these Soldiers felt like they were the only ones dealing with such internal conflict.

Wounds in the soul, the mind and the spirit often do not heal over time. After years of silent suffering, the veteran decides to seek help at the Dorn VA Medical Center and becomes a part of an amazing group.

VETTING VETERANS

By **TERESA SANDERSON**
Leader correspondent



The S.C. Combat Veterans Group was organized at the medical center as a therapeutic support group for combat veterans suffering from PTSD. It has grown from a small group to more than 400 members.

Once the combat veteran is an outpatient at the hospital, he or she may join the group. The veteran then joins a peer-to-peer counseling group that uses humor, music and an atmosphere of brotherly love to promote understanding and healing.

The group is also spiritual, praying together and relying on their faith through the tough times. It is easier for the veterans to accept certain therapeutic actions when coming from someone who has experienced combat.

Group members continue to participate in cookouts for churches and hospitals, and attend sporting events to become more comfortable in larger groups. Leaning on each other, they can learn to be proud of their service and lead a happier, richer life.

Olds explained the group is on a “patrol for healing,” and is always searching for veterans in the community in need of help, including outreach programs for homeless veterans. Smalls said before he found the group, it was like “living in a closet.”

He said he does not know where he would be without the group. The two are extremely grateful to the veterans who have helped them heal. The bond they have with their fellow comrades means everything to them, and they are very proud of the success of the group.

The Combat Veterans Group thanks the staff members at the Dorn VA for their kind and caring support.

The group recently celebrated Vietnam Veterans Survivor and Remembrance Day at the VA Medical Center. In 2006, South Carolina became the first state to appoint an official Day of Remembrance for Vietnam Veterans.

Each year, members of the group travel to the Vietnam Wall and to the Vietnam Memorial in Columbia to honor those who gave all. In the community, they provide funeral details for fallen comrades and funeral assistance, including funds collected from the members.

Remember, the journey for some of these veterans has been long and hard. It has been almost 35 years since the end of the Vietnam War. It has taken them a long time to wear their Vietnam Veterans hat with pride.

The next time veterans wearing a uniform of black pants, wine-colored shirt, and a floppy bush hat cross your path, remember to give them a smile, a hug, a pat on the back or a much overdue, “Thank You,” for their service.

Veteran distinguishes himself with military, community service

By **TERESA SANDERSON**
Leader correspondent

I met retired 1st Lt. Lester E. Phillips at Armed Forces Day. He is a native of Hartsville and now resides in Blythe-wood.

Like many of other of other great veterans, Phillips was humble and reluctant to discuss his achievements.

At an early age, Phillips learned the meaning of hard work, dividing his time between farming and school. In addition, he opened a small business selling his handmade arts and crafts.

Excelling in scouting earned him the honor of being the first black Eagle Scout in South Carolina. After graduating from Butler High School, Phillips joined the Army and went to Fort Leonard Wood, Mo. for basic training in 1945.

Trained as a construction engineer,

he was assigned to the 1349th Engineers Combat Group in Gelnhausen, Germany, which was charged with helping rebuild the infrastructure of Germany.

After finishing his tour, he returned to his home state and enrolled at South Carolina State College, where he earned a degree in Industrial Education and enrolled in ROTC. In May 1951, he was commissioned as a second lieutenant in the Army.

In 1952, he was assigned to the 45th Infantry Division in Korea and was one of the first black officers in the division. He said one of his proudest moments was leaving the cold of Korea and being reassigned to Okinawa, Japan, with the 29th Infantry Regiment. Phillips protected the Air Force’s new B-36



PHILLIPS

bombers and trained troops.

In 1953, he returned to Fort Jackson. Later, he served as a professor of Military Science and Tactics at the Tuskegee Institute, now Tuskegee University, for five years.

After attending Special Warfare School at Fort Bragg, N.C., he served in Vietnam with MAC-V Joint

General Staff and Forward Advanced Team 43, serving on Gen. William Westmoreland’s staff in Saigon.

Returning from Vietnam, Phillips went to Army Military Recruiting Command in Charlotte, N.C., and became the first black recruiter in the Southeast.

His next tour was back in Vietnam in the “Iron Triangle,” where he encountered a great deal of enemy activity.

After this tour, he again returned to Fort Jackson. In 1974, following an amazing military career, he retired. In April 2009, South Carolina House members passed a resolution recognizing Phillips more than 30 years of outstanding military service.

His military career yielded 17 awards, to include two Bronze Stars and a Combat Infantry Badge with Stars.

Phillips contributed to the community for another 30 years as a small businessman. As an active member in the Spann Watson Chapter Tuskegee Airmen, Inc., he helps promote the rich history of the Tuskegee Airmen.

In addition, he is an active member of the South Carolina Combat Veterans Group. He is married to Alice Middleton Phillips, and has two sons currently serving in the military.

His advice to today’s youth, “Never hold a grudge.”



Williams: Pursue an education

Rank, name
Sgt. 1st Class Terra Williams

Unit
MEDDAC

Military Occupational Specialty / Job title
68Q, pharmacy specialist / NCOIC, Department of Pharmacy

Years in service
18 years

Family
Three sons

Highest education
Pursuing a Ph.D.

Hobbies
Reading, writing, poetry, sports and spending time with family and friends
• • •

In the 18 years Sgt. 1st Class Terra Williams has served, she has been stationed at Fort Carson, Co.; Heidelberg, Germany; Fort Sam Houston, Texas; Fort Leonard Wood, Mo.; Tripler Army Medical Center, Hawaii; and Fort Jackson.

Williams said the most memorable experience in her Army career is taking care of Soldiers and making sure patients get the medicine they need to get well or to stay healthy. She believes patients should be treated well no matter what, because the pharmacy is usually the last stop before they leave the hospital.



Photo by NICHOLE RILEY, Moncrief Army Community Hospital
Sgt. 1st Class Terra Williams hopes to retire from the Army and plans to pursue a career in the corporate world.

NCO spotlight

Her advice to junior enlisted Soldiers is the same for everyone: “Knowledge is power; education is just a starting point.

“What you don’t know may hurt you in the long run, so don’t be afraid to ask questions or research on your own. You are never too old to learn or get a degree. The military is a great starting point, but you need to start now planning for your future. Soldiers have no excuse for not pursuing an education. Don’t wait until

you get out, start now.”

Williams said her children, family and friends have been a major support throughout her military career, especially as a single parent. They have helped her get through the bad times and celebrated the good times.

Besides completing her Ph.D. and retiring from the Army, Williams plans to become a chief executive officer, teach part time and find a way to mentor single parents by empowering them with all the necessary tools to become successful.

We salute you!

The NCO Creed

No one is more professional than I. I am a non-commissioned officer, a leader of Soldiers. As a non-commissioned officer, I realize that I am a member of a time-honored corps, which is known as “the backbone of the Army.” I am proud of the Corps of Noncommissioned Officers and will at all times conduct myself so as to bring credit upon the corps, the military service and my country regardless of the situation in which I find myself. I will not use my grade or position to attain pleasure, profit, or personal safety.

Competence is my watchword. My two basic responsibilities will always be uppermost in my mind — accomplishment of my mission and the welfare of my Soldiers. I will strive to remain technically and tactically proficient. I am aware of my role as a non-commissioned officer. I will fulfill my responsibilities inherent in that role. All Soldiers are entitled to outstanding leadership; I will provide that leadership. I know my Soldiers and I will always place their needs above my own.

I will communicate consistently with my Soldiers and never leave them uninformed. I will be fair and impartial when recommending both rewards and punishment.

Officers of my unit will have maximum time to accomplish their duties; they will not have to accomplish mine. I will earn their respect and confidence as well as that of my Soldiers.

I will be loyal to those with whom I serve; seniors, peers, and subordinates alike. I will exercise initiative by taking appropriate action in the absence of orders. I will not compromise my integrity, nor my moral courage. I will not forget, nor will I allow my comrades to forget that we are professionals, noncommissioned officers, leaders!

FOR THE RECORD

Sgt. 1st Class Charles Heard was misidentified in the outline of last week’s *Leader* NCO Spotlight.

Program helps families reconnect

By SGT. 1ST CLASS MARK BELL
81st Regional Support Command

CHAMPIONS GATE, Fla. — Water slides, kickball, lazy-river inner tube excursions and the near perfect weather were just a few select menu items available for youth of all ages attending a recent Army Reserve weekend getaway.

From toddlers taking midday naps in the comforting arms of a volunteer, to a quick round of bingo among new-found friends, the Yellow Ribbon Reintegration Program staff learns to make the next event better.

“We want to ensure we provide the best environment for these children while their parents are learning how to reintegrate as a family after a long deployment overseas,” said Christy Burns, the 81st Regional Support Command’s family programs manager.

As Lyndsay Ogden, a resort staff member, covered 4-year-olds Daniel Torres and Kayla Ross with high-rated sun block, other Yellow Ribbon staff lined up other 3- to 5-year-olds for a short walk to the “beach” and water park.

After a quick swimsuit change, the children’s over excitement was clearly visible as they entered the resort’s pool and beach area.

“Can we play in the water?” they all asked the staff while jumping up and down.

As the little ones quickly discarded any shoes and remaining shirts, one 5-year old, in his over-energized mindset, forgot to take off his socks as he inched closer to the water park.

“Daniel, you have to take your socks off before you get in the water,” Ogden said laughing. “Look, now you have wet socks and your parents are going to kill us.”

“No they won’t,” Torres said rolling his eyes. “I do this all the time.”

From the pool, to the beach, to a small resort created for little ones, the staff was busy ensuring the children were safe and not wondering about anything but having fun.

Inside, it was the business of learning about better communication skills, dealing



Photos by SGT. 1ST CLASS MARK BELL, 81ST RSC

Lyndsay Ogden, a resort staff member, covers Daniel Torres, 4, with sun block lotion before going to the water park while his parents attend the 81st Regional Support Command’s Yellow Ribbon Reintegration Program near Orlando, Fla., June 12-14.

with post-deployment stress and dozens of other topics for Soldiers and their spouses.

Outside the conference rooms, children were busy making new friends and talking about what their mother or father does in the Army Reserve.

“They get to make friends and set up relationships with other children their age going through the same situations,” Burns said.

In addition to the fun-packed days, Yellow Ribbon family-life consultants were able to visit with children of all ages and talk about their personal experiences during the deployment, she said.

Burns said the weekend wasn’t just about the big people, but more importantly, about the children who stayed behind and the roles they played in their fractured families during the scheduled deployments.

“It’s really important for them to set up relationships with other youth, and when they come back, they’ll get to see their new

friends and make more new friends,” Burns said about the importance of Soldiers bringing their children to the events.

She laughed, and said the children here will have their own little Army Reserve family reunion when they return for the next Yellow Ribbon workshop.

“You have to love these young heroes,” Burns said. “They are our future and really are an important part of the support system for the Soldiers deployed.”

One of those tiny heroes was Emerald Wilson, daughter of one of the Soldiers assigned to the 311th Expeditionary Sustainment Command, in California. She said her father recently returned from overseas helping people who need assistance.

“My dad is a hero, but this weekend was about me,” she said smiling. “I like that he was helping people in Iraq, but not that he was gone for so long. So it’s good he brought me here to Florida.”

Wilson said coming to the event was

more fun that she expected.

“I was excited to know we were coming to Orlando,” she said. “I now have a new friend, Emilie, which makes it even better.”

As Emerald and Emilie quickly disappeared into a competitive game of kickball, the smiles, hugs and laughter were a sure sign that both girls molded a new friendship to share the next time they meet.

The senior enlisted Soldier for the 81st RSC, Command Sgt. Maj. Luis Blanco, said there is a good reason why the Army Reserve encourages Soldiers to take their families to these types of events.

“First and foremost, this is a family event,” he said. “They talk to other children with the same issues. They all have one thing in common — they had one or more parents gone overseas fighting a war against terror.”

Blanco said children take a deployment hard.

“When they are able to talk to someone their age that just went through the same situation, it really brings everything together,” he said.

Whether the children and youth were lost in a game of bingo, playing video games or just having a small imaginary sword fight between new friends, Burns said she hopes the Army Reserve’s newest family members walk away knowing people care.

“The Army Reserve has made it important to recognize children and youth who have stayed behind and supported mom and dad while they are gone,” she said. “We need to let them know that they are important, and they played an important role for the Soldier deployed.”

Small arms filled with art projects, bodies covered with sand and smelling of chlorinated pool water, and quality time with parents — all part of a successful reintegration weekend.

“Mom and Dad, do we really have to leave?” asked one young girl as she hugged a new friend.

“We will see her next time,” the father said. “I promise.”



Campaign Plan posters now available

Campaign Plan posters can be ordered through the Training Support Center.

To order posters, fill out DA Form 3903. You can either fill out the form using Form Flow or by visiting TSC, 12650 Jackson Blvd.

To display the posters, units are strongly encouraged to purchase an 18x24 inch frame at the supply store on post.



Fort Jackson TRAINING



Jackson plays a major role in shaping today's Army by training more than 50 percent of Basic Combat Training Soldiers enlisting each year.



Our Values: Loyalty, Duty, Respect, Selfless Service, Honor, Integrity and Personal Courage

Our Ethos: We will always place the mission first, we will never accept defeat, we will never quit, we will never leave a fallen comrade.

- Comprising 12 schools that train more than 25,000 multi-component Soldiers, Sailors, Airmen, Marines and DoD civilians.
- Fort Jackson trains the Army's wheeled vehicle mechanics, personnel, administrative, legal and finance specialists and chaplain assistants.
- A yearly throughput of more than 60,000 initial entry Soldiers which includes 80 percent of the Army's female Soldiers.
- Home of the U.S. Army Drill Sergeant School.
- Location of the Army's first active GED program, Army Preparatory School.
- Trains and transitions more than 3,000 Individual Ready Reserve (IRR) Soldiers in support of the Army Reserve's mission.



Fort Jackson is the largest Basic Combat Training facility in the nation and at the forefront of initial military training.

Tradition, Training, Transformation

BRADLEY W. MAY
Brigadier General, U.S. Army
Commanding



Fort Jackson TRADITION



Providing the Army with world-class Soldiers since 1917



1917 – 30th Division mobilizes for WWI and assembles at Camp Jackson.
1918 – The first shoulder sleeve Insignia is developed at Camp Jackson.
1941 – Is designated as a permanent installation and name changes to Fort Jackson.
WWII – More than 500,000 Soldiers are trained at Fort Jackson in support of WWII.
1946 – Is selected as one of four regional Army Training Centers for initial entry training.
1951 – 31st ID mobilizes at Fort Jackson in response to the invasion of South Korea.
1956 – U.S. Army Training Center, Fort Jackson is established, 101st Division reflags as the 101st Airborne Division.
1964 – Hood Street School becomes the first school in South Carolina to be integrated.
Vietnam War – Over 50 percent of Army combat veterans trains at Fort Jackson prior to their deployment to the combat theater.
1974 – The first Army Training Center tests gender integrated training.
1987 – Basic training battalions are renamed with regimental designations.
2007 – Is named the U.S. Army Basic Combat Training Center of Excellence.
2008 – Fort Jackson becomes the home of the consolidated U.S. Army Drill Sergeant School.



"Victory Starts Here"

Tradition, Training, Transformation

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Brigadier General, U.S. Army
Commanding



Fort Jackson TRANSFORMATION



The focus of Basic Combat Training is to transform civilian volunteers into basically trained, disciplined, motivated and physically fit "Warriors" who espouse the Army's core values.



Immersion – Soldiers learn by the example in an environment of Army values and conduct.
Standards – The consistent enforcement of performance measurements.
Drill Sergeants – Positive, motivational leaders have the most influence in a Soldier's transformation experience.
Team Approach – Every Soldier is taught to embrace the team concept.
Self Discipline – Soldiers know the standard and take pride in their achievements.
Gradual Restoration of Privileges – An intricate process teaching discipline and instilling responsibility.
Continual Assessment – Every Soldier progresses through the transformation experience at a different rate.
Peak Performance – The level at which a Soldier realizes his or her potential.
Stress – A condition resulting from the challenges of meeting tasks and standards.



Fort Jackson is committed to transforming individuals into Soldiers through demanding and realistic training that enhances their strengths and overcomes their limitations.

Tradition, Training, Transformation

BRADLEY W. MAY
Brigadier General, U.S. Army
Commanding

Venturepoint offers new programs for children

OK, here's a quiz to see how up you are on the latest buzz on Fort Jackson: What new Child, Youth and School Services program offers work opportunities for teens, on-site child care in Family and Morale, Welfare and Recreation facilities, and unique after school activities for school age children?

Give up?

It is Venturepoint, the newest CYSS program created to support youth and their families.

Venturepoint is actually three programs in one: The EDGE!, Hired!, and Kids On Site, each with a specific mission, but all in support of the Army Family Covenant and the Soldier Family Action Plan.

Beverly Metcalfe, former Youth Education and Support Services director, and Corey Dwyer, former SAS employee, attended Venturepoint training in Albuquerque, N.M. May 17 -22 to get up to speed on these new programs. Metcalfe will be the FMWR partnerships specialist and Dwyer will be the workforce preparation specialist.

The EDGE! stands for Experience, Develop, Grow, and Excel and is an after school program for children and youth, ages 6-18. The program will be offered 3-6 p.m. within FMWR partner facilities.

The monthly program packages will offer exciting and innovative ways for school-age children and youth to spend time in the afternoons.

The difference between the EDGE! and the SKIES program is that the EDGE! will offer finite monthly packages as opposed to SKIES program classes which are ongoing throughout the year.

During the summer, the EDGE! will also offer programs from 9 a.m. to noon or 1-4 p.m.

"The most exciting part of the EDGE! for parents is that the programs are free for 11-18 year olds," Metcalf said.

School age children, 6-10 years old, will pay regular CYSS hourly fees and may attend for the entire month or selected weeks during the month.

Army Family Covenant

SPECIAL TO THE LEADER

Family and Morale, Welfare and Recreation

The first two packages to be offered in July will be Outdoor Wet & Wild and Harry Potter's Magical Adventures. For more information about the EDGE! program, contact Metcalfe at 751-3053.

Hired! is a workforce preparation program for 15-18 year olds who will be placed as apprentices in FMWR facilities and paid a stipend at the end of each 12-week session.

Each apprentice is paired with a mentor who will teach the student how the facility operates and act as his or her coach throughout the process. Teens must have a 2.0 or higher GPA and must be registered with CYSS, which is free.

For information on the Hired! program or to pick up an application, contact Dwyer at 751-6387.

Kids On Site, formerly the Short Term Alternative Child Care program, or STACC program, is on-site, hourly care for children 6-12 years old within FMWR facilities.

CYSS plans to partner with FMWR facilities like the bowling center, the golf course and the clubs to provide child care while parents are using the facilities. Jumping Jacks Child Care, which has been offered at the Solomon Center for the past year to parents while they work out, is an example of a Kids On Site program.

If you use an FMWR facility on a regular basis or would like to use a facility, but lack of child care keeps you from it, see your FMWR facility manager and ask about them providing a possible Kids On Site.

For more information about Kids On Site, contact Beverly Metcalfe at 751-3053 or Cindy Andre-Noel at 751-4869.

FMWR calendar

TODAY

- ☐ Visit Century Lanes for food, fun and bowling.
- ☐ Magraders Pub and Club is open for lunch.
- ☐ Visit the Officers' Club 11 a.m.-1:30 p.m. for specials or the buffet.
- ☐ Guest Day at the Fort Jackson Golf Club.
- ☐ Employment Readiness Program ice cream social, 2 p.m., Strom Thurmond Building, Room 222.
- ☐ Free women's golf clinic, 10 a.m. to 1 p.m., Fort Jackson Golf Club (through Saturday).

TOMORROW

- ☐ Artistic Expressions with Jake, 6:30 p.m., Teen Room at the Youth Services Center.
- ☐ Dance to a variety of music provided by DJ Randall at Magraders Club, 9 p.m. to 3 a.m. Magraders Club is located in the back of Magraders Pub. Cover charge is \$5 for civilians and \$3 for military.
- ☐ Fish fry at the Officers' Club, 11 a.m. to 1:30 p.m.
- ☐ Family Golf Night, 5-7 p.m., Fort Jackson Golf Club.

SATURDAY

- ☐ Step Team practice, 2 p.m., dance room at the Youth Services Center.
- ☐ Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excalibur Room at the NCO Club. Cover charge is \$5 for civilians and \$3 for military. Live broadcast from the BIG DM 103.1 with giveaways, 9:30-11 p.m.

SUNDAY

- ☐ Family day at the Youth Services Center, 2-6 p.m.
- ☐ Traditional brunch, 11 a.m. to 2 p.m., Officers' Club.
- ☐ Couples Tournament, 2 p.m., Fort Jackson Golf Club.

MONDAY

- ☐ The NCO Club offers a full lunch buffet Monday-Friday, 11 a.m. to 1:15 p.m. for \$7.

TUESDAY

- ☐ EFMP bowling, 3:30-5:30 p.m., Century Lanes. Games cost \$1 and shoes cost 50 cents to rent.

WEDNESDAY

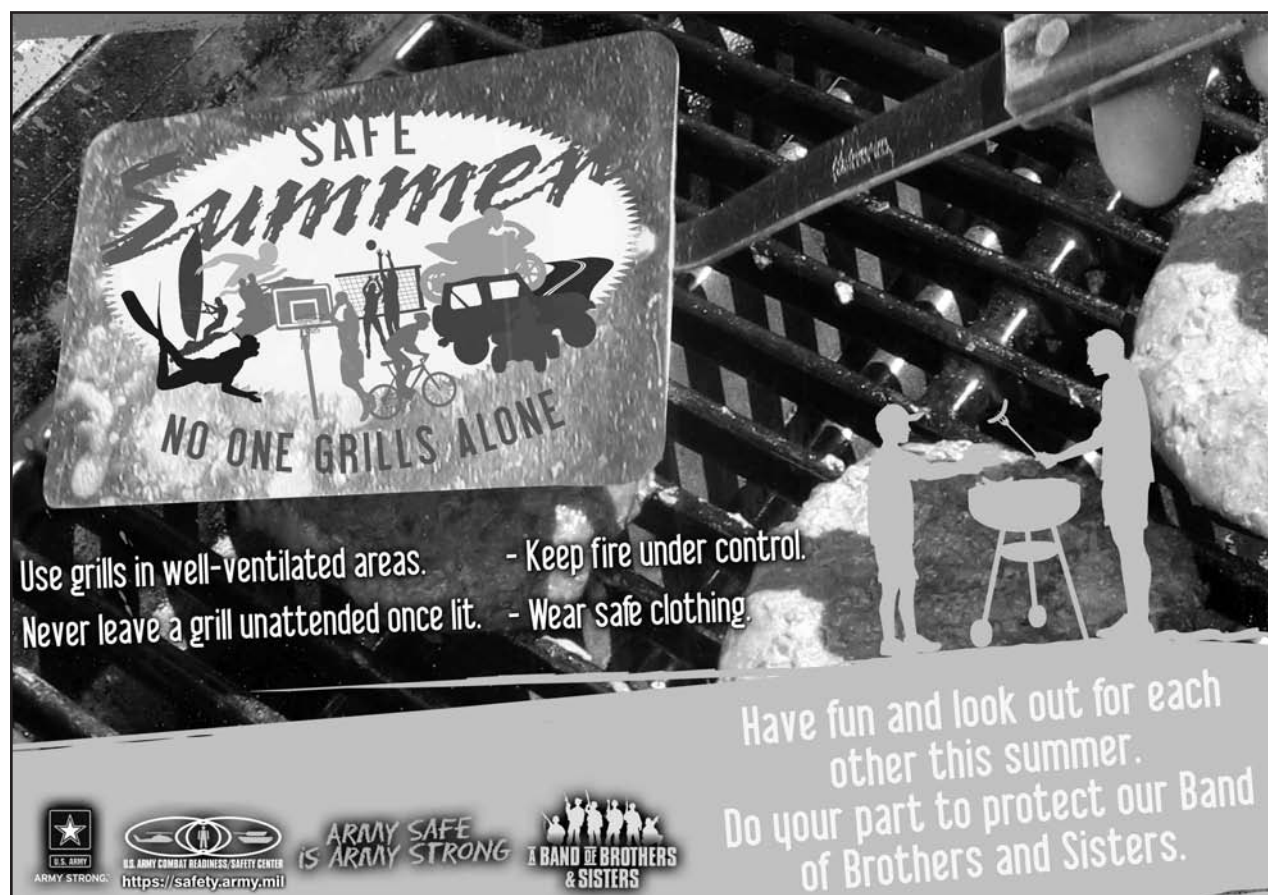
- ☐ Karaoke night with Tom Marable at Magraders Club. Cover charge is \$5 for civilians and \$3 for military.

ANNOUNCEMENTS

- ☐ Perez Gym will be undergoing painting through July 13. During this time, patrons can expect some disruptions in use of the indoor track, select weight equipment and cardio machines. The entire free weight area will be closed July 3-6. For information, call 751-6258.

ONGOING OFFERS

- ☐ The Officers' Club is ready to host your next special event. The club's professional staff will ensure every detail is addressed so your event will be to your specifications.
- ☐ The NCO Club breakfast is served 6-9 a.m., Monday through Friday. The cost is \$7 for adults and \$3.75 for children 4-10 years old.
- ☐ Enjoy resort accommodations for between two and six people with the Armed Forces Vacation Club for less than one would pay for most hotels. For details of resort availability, call the reservation center at (800) 724-9988. Be sure to say you are a first-time Armed Forces vacation caller. A vacation counselor will take your enrollment and help you find an available resort.



Focus groups give voice to community

The garrison hosts constituent-based focus groups as part of the Community FIRST/AFAP issue resolution process to improve the quality of life for those who live, work, train and have fun on Fort Jackson.

These forums are an avenue for community members to provide input to leadership regarding issues that impact their well-being. Following is a list of focus groups from this fiscal year as well as the number of issues prioritized during each event:

- Family members, Dec. 16, eight issues
- Soldiers (active duty, Reserve, National Guard), Jan. 27, 12 issues
- Civilian employees, Feb. 12, 13 issues
- Surviving families, Feb. 17, two issues
- Civilian employees, Feb. 26, two issues
- Army Family Action Plan Annual Conference, March 4-5. Delegates representing eight constituent groups — active duty, Warrior Transition Unit, single Soldier, Army Reserve, National Guard, retiree/veteran, family member and civilian employee, 16 issues
- Retirees/veterans, May 5, five issues
- WTU, tomorrow, issues to be determined

Volunteers were used for each focus group and served either as a delegate or a staff member. The delegates’ roles were to represent their respective constituency, identify and prioritize issues, and provide recommendations or solutions.

Staff member positions included facilitators, recorders, transcribers, and issue support personnel. Facilitators di-

CUSTOMER SERVICE CORNER

By **VERONICA PATRICK**
Community FIRST Coordinator



rected focus group proceedings and assisted delegates in formatting their issues. Recorders captured the group’s ideas and took notes of proceedings. Transcribers developed the PowerPoint slides.

Issue support personnel reviewed the update books to ensure that duplicate issues were not being surfaced. All staff positions were crucial to the success of the focus group and contributed to a positive experience for the delegates.

Community FIRST/AFAP focus groups prove to be fun, productive times with food and prizes for participants and, most of all, allowing their concerns to be heard. New volunteers are always welcome and free training is provided.

There are numerous benefits to volunteering with Community FIRST/AFAP: Becoming experienced in public speaking, earning volunteer hours that are recognized annually, developing new skills or keeping skills current, gaining a personal sense of accomplishment, meeting new

people, staying active on the installation and giving back to the military community.

Upcoming focus groups for which additional volunteers are needed include teens and drill sergeant spouses. Other focus groups may be added at the garrison commander’s discretion. These events will take place either in July or August, and detailed information will be provided to the community as it become available. Those interested in serving as a delegate or a FRTI should contact the program coordinator at 751-3425.

Community members may view a complete list of Community FIRST/AFAP issues on the Customer Management Services Web site: <http://www.jackson.army.mil/WellBeing/wellbeing.htm>. New issues may be submitted on the site as well, by clicking on “Submit an Issue or Recommendation” or on the Community FIRST/AFAP Logo. Whether it affects individuals and constituent groups here at the installation level or throughout the Army, feedback is important.

“Let your voice be heard”!

ICE APPRECIATION

The garrison congratulates AAFES, specifically Perez Gym and AIT troop stores. They earned a 4.86 and a 4.75 percent rating, respectively, out of a possible 5.0 in employee/staff attitude over a 12-week period. This is an outstanding performance in customer service.

Saluting this BCT cycle’s honorees

DRILL SERGEANTS OF THE CYCLE



Staff Sgt.
Taquita Capers
Company A
1st Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Nicholas Fultz

SOLDIER OF THE CYCLE
Pfc. Leslie Griffith

HIGH BRM
Spc. Al Genatone

HIGH APFT SCORE
Spc. Erin Propst

SUPPORT AWARDS OF THE CYCLE

STAFF SUPPORT OF THE CYCLE
Pvt. Rebecca Reyna



Staff Sgt.
Michael Rasmussen
Company B
1st Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Ali Alamary

SOLDIER OF THE CYCLE
Pfc. Osiebuni Onyeagu

HIGH BRM
Pvt. Jordan Snapp

HIGH APFT SCORE
Pfc. Darren Gardner



Staff Sgt.
Keneidra Hargrove
Company F
1st Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Stephen Skolnick

SOLDIER OF THE CYCLE
Spc. Matthew Bradford

HIGH BRM
Spc. Steven Chase

HIGH APFT SCORE
Pvt. Amber McPherson

No One Sparkles Alone

Sparklers account for one-third of all fireworks injuries to children 5 years or younger.

To prevent needless injuries, teach children how to use sparklers safely and always ensure adult supervision. Visit www.fireworksafety.com to learn safety steps for sparklers and fireworks.

SAFE Summer

Have fun and look out for each other this summer. Do your part to protect your Band of Brothers and Sisters.



Army Community Service

July calendar of events

Wednesday, July 1
Newcomer’s orientation/re-entry briefing: 9-11:30 a.m., Post Conference Room
Play group (every Monday and Wednesday): 10-11:45 a.m., 5615 Hood St., Room 8

Thursday, July 2
AER commander’s referral training: 9-10:30 a.m., Education Center, Room B303

Sunday, July 5
EFMP outing: 4-7 p.m., Palmetto Falls Water Park

Wednesday, July 8
Phase II LEVY briefing: 2:30-3:30 p.m., Strom Thurmond Building, Room 213
Money matters seminar: 9-11 a.m., Education Center, Room B302

Thursday, July 9
Personal financial readiness: 9-11 a.m., Education Center, Room B302

Tuesday, July 14
WorkKeys assessment: 9 a.m. to noon, Strom Thurmond Building, Room 222 (\$36 assessment fee)
La Leche breastfeeding support group: 10-11:45 a.m., 5615 Hood St., Room 8
Baby Basics: 10 a.m. to noon, Joe E. Mann Center conference room
EFMP bowling: 3:30-5:30 p.m., Century Lanes (\$1 per game)

Wednesday, July 15
Financial readiness for first termers: 8:30 a.m. to 4:30 p.m., Education Center, Room B302
FRSA training (through July 16): 9 a.m. to 4 p.m., FRG Center, 3499 Daniel Circle
Child abuse awareness class: noon to 2 p.m., Main Post Chapel
Employment readiness program orientation: 8:30 a.m. to noon, Strom Thurmond Building, Room 222
Resume writing for beginners: 1:30-3:30 p.m., Strom Thurmond Building, Room 222

Thursday, July 16
Financial/relocation initial PCS class: 9-10:30 a.m. Education Center, Room B302

Positive parenting 101: 2-4 p.m., Joe E. Mann Center, conference room

Tuesday, July 21
Careers-on-the-go: 9-11:30 a.m., Main Post Chapel, activity room
Starting and running a small business: 9-11:30 a.m., Education Center

Wednesday, July 22
Phase II LEVY briefing: 2:30-3:30 p.m., Strom Thurmond Building, Room 213
Connecting people to jobs (class conducted in Spanish): 9-10 a.m., Strom Thurmond Building, Room 222. *Este entrenamiento esta disenado para personas latinas y les ayuda a desarrollar habilidades laborales para que puedan buscar, encontrar y mantener un empleo en los Estados Unidos. Para registrarse, llama a Barbara Martin, al 751-4862/5452. En espanol, llame a Ivan Segura al 606-1164.*

Thursday, July 23
Housing seminar: 9-11 a.m., Education Center, Room B302
Careers in real estate: Noon to 1 p.m., Strom Thurmond Building, Room 222, free lunch
Hearts apart: 6-8 p.m., FRG Center, 3499 Daniel Circle

Friday, July 24
Explore the world of cosmetology: 10 a.m. to noon, Paul Mitchell School Campus, 700 Gervais St., Suite D

Saturday, July 25
Battlemind training (spouses): 10 a.m. to noon, FRG Center, 3499 Daniel Circle

Tuesday, July 28
Steps to federal employment: 8:30-11:30 a.m., Strom Thurmond Building, Room 222
Managing emotions under pressure: 10 a.m. to 3:30 p.m., 5615 Hood St., Room 10
EFMP Sibling Support Group: 5 p.m., 5615 Hood St., Room 10

Wednesday, July 29
Employment readiness program orientation: 8:30 a.m. to noon, Strom Thurmond Building, Room 222
Child abuse awareness class: noon to 2 p.m., 5615 Hood St., Room 10
Resume writing for beginners: 1:30-3:30 p.m., Strom Thurmond Building, Room 222

For more information or to register for classes, call 751-5256 or 751-6325.
This information is published the last week of each month in *The Fort Jackson Leader*.

HAPPENINGS

Calendar

Thursday

Hearts Apart meeting

6-8 p.m., 2447 Bragg St.
Call 751-5458 for information.

Tomorrow

A.T. E.A.S.E. cookout

6-8 p.m., Main Post Chapel
Barbecue dinner will be provided. Donations for the Harvest Hope Food Bank will be accepted, and a prize will be given to the person who brings the most items. Child care is available — call for more details. For information, call 708-2869 or 708-0656.

Sunday, July 12

Sunday Worship Concert series

9:30-11 a.m., Solomon Center
Philip Bardowell performing.

Wednesday, July 15

Violence in the Workplace training

9-10 a.m. or 1-2 p.m.
ASAP classroom, 3250 Sumter Ave.
Call 751-5007 for information or to RSVP.

Announcements

CAR WASH

The Sergeant Audie Murphy Club and the Sergeants Major Association will be conducting a car wash Saturday, 9 a.m.-1 p.m., at the NCO Academy.

USACHCS STAFFING

The U.S. Army Chaplain Center and School will be operating at minimum staff, noon-5 p.m., tomorrow because of the school's summer cookout. Call 413-8189 in case of emergency.

THRIFT SHOP UPDATE

The Thrift Shop will be closed in July. Starting Aug. 1, the shop will be open Tuesday, Wednesday and Thursday, 9 a.m.-3 p.m. It will no longer be open Saturdays. The Thrift Shop is also hiring a consignment clerk. Call 787-2153 Tuesdays or Thursdays for information.

PAIO OFFICE RELOCATION

Plans, Analysis and Integration Office and Customer Management Services has moved. The address is 4356 Hardee St.

JULY 4 COMMISSARY HOURS

The commissary will be open July 4, 7:30 a.m. to 4 p.m.

COMBAT VETERANS STUDY

Dorn VA researchers are conducting a study of new treatments for OIF/OEF veterans who have problems with stress, anxiety, disturbed sleep, nightmares, etc. The five-week study involves no drugs,

and eligible participants will receive \$600 for completing the study. For more information, call 777-7296/9929 or e-mail Stanistr@mailbox.sc.edu.

SALEM ROAD CLOSURE

Salem Road is closed to automobile and pedestrian traffic from Winston Road to Cobb's Pond Road until Aug. 16 while the bridge is being replaced.

WOUNDED WARRIORS' RETREAT

South Carolina National Guard, Soldier Family Assistance Center and the American Red Cross are hosting a Wounded Warriors' Retreat Aug. 14-16 at Bethelwoods Camp in York.

This free event for wounded Warriors and their families will be filled on a first come basis. Register by July 10. Contact 806-1641 or www.guardfamily.org for information.

AAFES CONTEST

Fort Jackson AAFES will be giving away one "Step 2" children's playhouse as part of a worldwide AAFES contest. Authorized AAFES shoppers can register at the PX through today for a chance to win the playhouse.

SUMMER READING PROGRAM

The Thomas Lee Hall Library is accepting registration for its 2009 summer reading program. The theme for this year is "Be creative/express yourself at your library." The program is open to those of all ages and includes various programs, story hours, reading clubs, prizes and more. All programs are free. For information, call 751-5589 or visit www.Fort-Jacksonmwr.com/library.

SPEAK OUT FOR MILITARY KIDS

The South Carolina Operation Military Kids will be conducting four one-day events. Select participants from those events will also be invited to participate in a three-day event for additional training. The four event locations are:

- July 15 — Fort Jackson
- July 24 — Beaufort Marine Corps Air Station
- July 30 — Charleston Air Force Base

LEADER SUBSCRIPTIONS

Readers can subscribe to the *Leader* for \$25 a year, which pays for third-class postage.

To subscribe, mail the payment and the mailing address to: Camden Media Co.; ATTN: Leader Circulation; P.O. Box 1137; Camden, S.C. 29020

Contact Camden Media Co. at 432-6157 or 1-800-698-3514.

All workshops are 9 a.m. to 4:30 p.m. Teenagers, 13-18, are invited to participate. For information call 773-5561 or e-mail Woodrow@clemson.edu.

MP WARFIGHTER COMPETITION

Registration is now open for the 13th annual Military Police Warfighter Challenge. The Warfighter Challenge is slated for Sept. 15-19 at Fort Leonard Wood, Mo. Battalions or separate companies may send one team, which must consist of a staff sergeant, sergeant or corporal team leader and two specialists or below. Registration forms can be downloaded from AKO and should be e-mailed to leon.warfighter@conus.army.mil.

CoC/CoR ceremonies

Wednesday, July 1

Change of Command Soldier Support Institute

9 a.m., Officers' Club
Brig. Gen. Richard Mustion will relinquish command to Col. Mark McAlister.

Wednesday, July 8

Change of Command 3rd Battalion, 34th Infantry Regiment

9 a.m., Officers' Club
Lt. Col. Reginald Cotton will relinquish command to Lt. Col. Bryan Hernandez.

Friday, July 10

Change of Command 187th Ordnance Battalion

8 a.m., Darby Field
Lt. Col. Christopher Richardson will relinquish command to Lt. Col. Darrell Aubrey.

Housing events

Friday

Friday Night Live

A program designed just for teens. This monthly program will include various activities and snacks. After four visits, teens will be entered into a raffle.

Saturday

Community yard sale

Let Balfour Beatty advertise your yard sale for you.

Every Tuesday

Walking club

9 a.m., Strollers are welcome.

Every Thursday

Kids Day

10 a.m., Themed activities for children.

All events are held in the Balfour Beatty Communities management office. Lifeworks events are always free and open to all residents. Join the mailing list to stay informed. For more information, call Courtney at 738-8275.

Off-post events

TEEN LUNCH AND LISTEN

The Richland County Public Library is sponsoring a Teen Lunch & Listen concert series. The series begins with a performance 12:30 p.m., July 2, by former RCPL Teen Idol contestant Elise Schaffer. Upcoming performances include: Creatively Thinking, 12:30 p.m., July 9; and RCPL Teen Idol Reunion, 12:30 p.m., July 16.

208TH ARMY RESERVE BAND

The 208th Army Reserve Band is scheduled to play 8 p.m., July 11, at the Newberry Opera House. The band is stationed in Concord, N.C. Chapin resident Timothy Lyden serves as band director. For information, call the Newberry Opera House Box Office at (803) 276-6264.

PALMETTO PAINTERS MEETING

Palmetto Painters will meet 10 a.m., July 11, at the Lexington County Library, 5440 August Road. The program will be a seashell ornament painted in acrylics. Call 781-2340 or visit www.palmettopainters.com.

VACATION BIBLE SCHOOL

Saint David's Episcopal Church is hosting "Crocodile Dock, spreading God's Light in the World" Vacation Bible School July 13-17, 9 a.m.-noon. Children through fifth grade can attend. The minimum age is three. To sign up, call 736-0866 or visit www.StDavidsColumbia.org.

LET'S SPEAK ENGLISH

The Richland County Public Library is hosting a "Let's speak English," program to facilitate conversation among international adults and local volunteers. The program is 10-11 a.m., Wednesdays, July 8-29, in the Main Library's Bank of America Conference Room. Call 929-3457 to register for the free program.

LEADER DEADLINES

❑ Article submissions are due two weeks before the scheduled publication. For example, an article for the July 9 *Leader* must be submitted by today.

❑ Announcements are due one week before the scheduled publication. For example, an announcement for the July 9 *Leader* must be submitted by July 2.

❑ Send all submissions to FJLeader@conus.army.mil.

Keeping cool when the heat is on

How can I protect my health when temperatures are extremely high?

To protect your health when temperatures are extremely high, remember to keep cool and use common sense. The following tips are important.

DRINK PLENTY OF FLUID

Increase your fluid intake — regardless of your activity level. During heavy exercise in a hot environment, drink two to four glasses (16-32 ounces) of cool fluids each hour.

Caution: If your doctor has prescribed a fluid-restricted diet or diuretics for you, ask your doctor how much you should drink.

During hot weather, you will need to drink more liquid than your thirst indicates. This is especially true for people 65 and older who often have a decreased ability to respond to external temperature changes.

Drinking plenty of liquids during exercise is especially important. However, avoid very cold beverages because they can cause stomach cramps. In addition, avoid drinks containing alcohol because they will actually cause you to lose more fluid.

REPLACE SALT AND MINERALS

Heavy sweating removes salt and minerals from the body. These are necessary for your body and must be replaced. The easiest and safest way to replace salt and minerals is through your diet.

Drink fruit juice or a sports beverage during exercise or while working in the heat. Do not take salt tablets unless directed by your doctor.

If you are on a low-salt diet, ask your doctor before

COL. NANCY HUGHES

*Fort Jackson
Medical Department
Activity Commander*



changing what you eat or drink — especially before drinking a sports beverage.

APPROPRIATE CLOTHING AND SUNSCREEN

Wear lightweight, light-colored, loose-fitting clothing. In the hot sun, a wide-brimmed hat will provide shade and keep the head cool.

Sunburn affects your body's ability to cool itself and causes a loss of body fluids. It also causes pain and damages the skin. A variety of sunscreens are available to reduce the risk of sunburn. The protection that they offer against sunburn varies. Check the sun protection factor, or SPF, number on the label of the sunscreen container.

STAY COOL INDOORS

The most efficient way to beat the heat is to stay in an air-conditioned area. If you do not have an air conditioner or evaporative cooling unit, consider a visit to a shopping mall or public library for a few hours. Contact your local health department to see if there are any heat-relief shelters in your area.

Electric fans may be useful to increase comfort and to draw cool air into your home at night, but do not rely on

a fan as your primary cooling device during a heat wave.

When the temperature is in the high 90s or higher, a fan will not prevent heat-related illness. A cool shower or bath is a more effective way to cool off.

SELECTING SUNSCREEN

Sunscreens work by absorbing, reflecting, or scattering the sun's rays on the skin. They are available in many forms, including ointments, creams, gels, lotions, sprays, and wax sticks.

All are labeled with SPF numbers. The higher the SPF, the greater the protection from sunburn. Some sunscreens, called "broad-spectrum," reflect both UVA and UVB rays.

They do a better job of protecting skin from other effects of the sun including photo damage, photo dermatitis, and sun rashes.

There are also physical sunscreens and sun blocks or chemical free sunscreens that contain titanium dioxide and/or zinc oxide, which reflect UVB and UVA and can be used by people allergic to chemical sunscreens.

Choose a sunscreen with a SPF 15 or higher. SPF numbers indicate the length of time one can spend in the sun without risk of burning.

Apply as much sunscreen as you would a lotion for dry skin.

Spread it evenly over all uncovered skin, including ears and lips, but avoiding eyelids. Apply sunscreen about 30 minutes before sun exposure and reapply it every two hours, even on cloudy days.

If swimming or participating in intense physical activity, sunscreen may need to be applied more often.

For more information on how to beat the heat this summer, visit www.cdc.gov.

Survey: Customers satisfied with TRICARE

From TRICARE Management Activity

The latest survey of TRICARE's beneficiaries found more than 60 percent of TRICARE Prime enrollees in the United States rated their health plan at an eight or above on a scale of zero to 10, very similar to civilian plans when adjusted for differences in age and health status.

Every quarter, a representative sample of TRICARE beneficiaries is asked about care received in the previous 12 months.

These ratings are compared with averages taken from the national Consumer Assessment of Healthcare Providers and Systems, or CAHPS, benchmarking database.

This database contains results from surveys given to users of most accredited civilian health plans.

The DoD survey was developed by TRICARE Management Activity and is designed to provide a comprehensive look at beneficiary opinions about their DoD health care benefits.

The survey includes questions from CAHPS, which was designed by the Agency for Healthcare Research and Quality, to help consumers choose among

health plans.

Data collected on customer service and claims processing found TRICARE's ratings climbed from 2006 to 2008 with 63 percent of responding beneficiaries giving TRICARE an eight or above on customer service.

More than 88 percent of the respondents rated TRICARE an eight or above on the timeliness and correctness of claims processing. Close to 70 percent of enrollees also ranked their personal provider experience and their specialist experience above an eight as well.

The survey also compared TRICARE Prime enrollees' rates for diagnostic screening tests and smoking cessation with goals from Healthy People 2010, an initiative to improve Americans' health by preventing illness.

The results showed TRICARE's preventive care program surpassed the Healthy People 2010 mammography and Pap smear goals for women, 18 or older, and is nearing the percentage goal for hypertension screenings.

Details of the survey are available at <http://www.tricare.mil/survey/hcsurvey/consumer-watch.cfm>.

MACH updates

CATARACT SCREENING

The Moncrief Army Community Hospital Ophthalmology Clinic will conduct quick cataract evaluations tomorrow and July 24 for all beneficiary categories, including active-duty family members, retirees and retiree family members. To schedule an appointment, call 751-5406. Patients do not need a referral for an appointment.

ORTHOPEDIC CLINIC

The MACH Orthopedic Clinic is currently seeing only active-duty Soldiers and certain other patients for follow-up appointments. If you need assistance obtaining orthopedic care, call the Referral Center at 751-2363

APPOINTMENT CANCELLATION

A phone number has been established for patients wishing to cancel appointments after duty hours. To cancel an appointment after duty hours, call 751-2904. During duty hours, from 7:30 a.m. to 4 p.m., call 751-CARE (2273) to cancel an appointment.

MACH CLASSES SCHEDULE

☐ Cholesterol and High Blood Pressure: today, 2-3 p.m., Room 8-85.

For appointments or registration call 751-2363 with a referral or 751-CARE without

a referral, or call the nutrition clinic at 751-2489.

NUTRITION CLINIC

Patients who would like to see a dietitian for basic nutrition information, weight loss, or sports nutrition do not need a referral. Call the Nutrition Clinic at 751-2115 or the 751-CARE patient appointment line to book an appointment. For all other nutrition issues, patients will need a referral from their physician. All patients will report to the Nutrition Clinic to check in. The room number for the clinic is 4-14 and it is located right outside the dining facility near the chapel.

DFAC CLOSURE

The Moncrief Army Community Hospital dining facility is closed for renovations. Hospital staff and visitors will be able to access the mobile-kitchen that will be located outside the third floor entrance of the hospital. The mobile kitchen will offer a variety of menu items.

Hours are Monday-Friday: breakfast, 7:30-10:45 a.m.; lunch, 11:30 a.m. to 4:15 p.m.; dinner, 5-6 p.m. Saturday-Sunday: breakfast 8-11:15 a.m.; lunch, noon to 4:15 p.m.; dinner, 5-5:30 p.m.

The seating area of the dining facility will be open 6 a.m. to 6 p.m. Monday-Friday and 8 a.m. to 5:30 p.m. Saturday-Sunday. IET/AIT Soldiers will be served ready-to-eat meals in the dining hall.

Adopt-A-School program seeks unit, cadre mentors

By **KEISHA MCCOY-WILSON**
School liaison officer

The Adopt-A-School program is an authorized program in accordance with Army Regulation 360-6, Community Relations.

Adopt-A-School activities are conducted to increase public awareness of the Army’s mission and to foster good relations with the local communities. Adopt-A-School is an initiative of Partnerships in Education.

The mission of the Adopt-A-School program is to routinely contribute military resources and services to schools in order to nurture the intellectual, emotional, social and physical growth of children in the greater Fort Jackson area.

Through interaction with positive role models, the Adopt-A-School program helps to ensure that children succeed and live their dreams.

According to former Secretary of State Colin L.

Powell, “Just as each of us has the right to life, liberty, and the pursuit of happiness, we have the responsibility to give back to our country, to our communities and to our children. It is nothing less than our civic duty. Reclaiming the next generation of youth is a call to action no one can afford to refuse.”

Commanders and units are encouraged to “adopt” local schools and provide for the intellectual, emotional, social and physical growth of children in Columbia’s local schools.

Seventeen schools representing Richland School District One and Richland School District Two have been “adopted” by Fort Jackson units.

Schools awaiting adoption are: Horrell Hill Elementary, Satchel Ford Elementary, Bookman Road Elementary, Bridge Creek Elementary and Watkins-Nance Elementary.

For more information on how to participate, call the school liaison officer at 751-6150.

Schoolhouse notes

CHILD CENTERS ACCEPTING APPLICATIONS

❑ Clemson Road Child Development Center is offering a free program for 4 year olds. Call Debbie Brady at 699-2536. Spears Creek Road CDC is offering a tuition-based program for 3 and 4 year olds. Call Sabina Mosso-Taylor at 865-5355. Applications can be downloaded from www.richland2.org.

PROOF OF RESIDENCY

❑ Richland Two is now verifying addresses of all K-12 students. Addresses must be verified prior to Aug. 3. All kindergartners and students new to the district must provide three verifying documents of residency. Currently enrolled students must provide one verifying document. Acceptable proof includes, a current electric bill, water bill, cable/satellite bill and lease agreement. Visit www.richland2.org for information, or contact your child’s school or Roger Wiley, district registrar, 738-3314.

SENIOR STABILIZATION POLICY

❑ Soldiers can request to remain at their current duty location until a child has graduated high school. Requests are accepted through Sept. 1 of the student’s junior year. For more information, call 703-325-4422/5191 or 751-6150.

‘Eternal questions’ lead to lasting answers

By **CHAPLAIN (CAPT.) DAVID MORRISON**
3rd Battalion, 13th Infantry Regiment

One of my seminary professors had a funny and sometimes frustrating habit. For the first few weeks in class, his response to about 90 percent of the questions was, “That is a religious question.”

That would be his only response. We would think, “Of course it is a religious question. This is a seminary.”

After a few weeks, we realized that he only answered questions that began with “who” or had an implied “who” in the question.

When he realized that we were starting to catch on, he explained to us his methodology. There are serious ques-

tions that we ponder, discuss and debate, which never yield answers that satisfy us or give us comfort.

“God, why does a 3-year-old child get cancer?”

“God, why does a 25-year-old mother of two have to die in a car wreck?”

“God, why did I survive the IED attack, my buddies died?”

“How can a loving God let this happen?”

Answers to these types of questions can be debated among scholars, historians, theologians, clergy, church members and even people outside the church. They are questions of religion. But, ultimately the answers to them do not affect our salvation.

Eternal questions are the “who” questions, such as,

“Whose child are you?” “Who is Christ in your life?” “Who is your comforter?”

The “who” questions are ones that express our relationship with God, Christ and the Holy Spirit. The answers to the “who” questions remain constant and are the foundation of our faith and salvation.

When we don’t know why a tragedy happened in our lives or how we will move on, we do know who walks with us through the pain, who will be our saving grace, and who will be our comforter — the Father, Son and Holy Spirit.

The “who” question speaks to our relationship with the one who created us, saves us, and sustains us.

While the “religious” questions are important to understand, the “who” questions are of eternal importance.



PROTESTANT

- Sunday
8 a.m. and 11 a.m. Daniel Circle Chapel (Gospel)
7:45 a.m. Bayonet Chapel (Hispanic)
9 a.m. and 10:30 a.m. Magruder Chapel
9:30 a.m. Main Post Chapel
10:45 a.m. Post-wide Sunday School (Main Post Chapel)
11 a.m. Memorial Chapel
11 a.m. Chapel Next, USACHCS, Fox/Poling Lab.
- Wednesday
6 p.m. Prayer Service Daniel Circle Chapel
7 p.m. Gospel Mid-week Service Daniel Circle Chapel

- Protestant Bible Study**
- Monday

- 7 p.m. Women’s Bible Study (PWOC — Main Post Chapel, Class 209)
- Wednesday
7 p.m. Anderson Street Chapel
7 p.m. Daniel Circle Chapel
7 p.m. Gospel Congregation’s Youth (Daniel Circle Chapel)
- Thursday
9:30 a.m.-noon Women’s Bible Study (PWOC, Main Post Chapel)
6 p.m. Neighborhood CMF/OCF Bible Study (Call 790-4699)
7 p.m. LDS Bible Study (Anderson Chapel)
- Saturday
8 a.m. Men’s Prayer Breakfast (Main Post Chapel, (every second Saturday of the month in Chapel Fellowship Hall)

PROTESTANT YOUTH OF THE CHAPEL

- Saturday
11 a.m. Daniel Circle Chapel (third Saturday)
- Sunday
5 p.m. Main Post Chapel

CATHOLIC

- Monday-Thursday
11:30 a.m. Mass (Main Post Chapel)
- Sunday
8 a.m. Mass (MG Robert B. Solomon Center)
11 a.m. Mass (Main Post Chapel)

- 9:30 a.m. CCD (Education Center)
9:30 a.m. Adult Sunday School
12:30 a.m. Catholic Youth Ministry
- Wednesday
7 p.m. Rosary
7:30 p.m. RCIA/Adult Inquiry

LUTHERAN/EPISCOPALIAN

- Sunday
8 a.m. Memorial Chapel

ISLAMIC

- Sunday
8-10 a.m. Islamic Studies (Main Post Chapel)
- Friday
12:30-1:45 p.m. Jumah Services (Main Post Chapel)

JEWISH

- Sunday
9:30-10:30 a.m. Memorial Chapel
10:30-11:30 a.m. Jewish Book Study (Post Conference Room)

CHURCH OF CHRIST

- Sunday
11:30 a.m. Anderson Street Chapel

LATTER DAY SAINTS

- Sunday
9:30 a.m. Anderson Street Chapel

ADDRESSES, PHONE NUMBERS

- Daniel Circle Chapel**
3359 Daniel Circle, Corner of Jackson Boulevard, 751-4478
- Main Post Chapel**
4580 Strom Thurmond Blvd., corner of Scales Avenue, 751-6469
- Bayonet Chapel**
9476 Kemper St., 751-4542
- Family Life Chaplain**
4850 Strom Thurmond Blvd. (inside of Main Post Chapel), 751-5780
- Anderson Street Chapel**
2335 Anderson St., Corner of Jackson Boulevard, 751-7032
- Education Center**
4581 Scales Ave.
- Magruder Chapel**
4360 Magruder Ave., 751-3883
- 120th Rec. Bn. Chapel**
1895 Washington St., 751-5086
- Memorial Chapel**
4470 Jackson Blvd., 751-7324
- Chaplain School**
10100 Lee Road, 751-8050

Auto title loan may not be worth risk

By **CAPT. JOEY SPULAVADO**
Legal Assistance Intern

Before putting up your hard-earned, paid-off vehicle title for a loan, think twice about what you may be getting yourself into. Auto title loan companies advertise their services as quick and temporary loans to help consumers out of a jam, but many people get into a lot more trouble.

Here are some things to know about auto title loans in South Carolina:

What is an auto title loan?

An auto title loan is a short-term loan, usually no longer than 30 days. A car title is used to secure the loan. This means if the loan is not repaid, the lender may take the car and sell it to recoup the loan money. Most title lenders will only make the loan if the vehicle is paid off.

Who are auto title lenders?

Auto title lenders often target people with bad credit, low-income, military members and elderly people. The lenders make money from high-interest rates and the repossession of cars when borrowers cannot pay off the loans.

Why should consumers be careful with auto title loans?

When a person is facing financial problems, a short-term auto title loan may seem

like a good option, especially to someone with credit problems. However, the solution is short-term and the effects can be devastating. Borrowers can end up paying very high-interest rates or lose their car.

How high are the interest rates?

The loan is written with an interest rate for a short-time period. For example, the loan will show a 25 percent interest rate for one month. But this rate over a year is actually 300 percent.

Auto title lenders will usually write a loan for 30 or fewer days. At the end of the month, the lender will accept the interest payment and allow the debt to be “rolled over” for another month.

On a \$600 loan, the interest would be approximately \$150. This means the total owed is \$750. If only the interest of \$150 is paid for the month, the borrower still owes \$750 the next month.

How will I know if I am getting a high-interest loan?

The lender must have the following notice on the paperwork: “This is a high-in-

terest loan. You should go to another source if you have the ability to borrow at a lower rate of interest. You are placing your vehicle at risk if you default on this loan.”

What if the loan can't be paid within the proper time?

If the loan can't be paid within the proper time, it will be rolled over. In many cases the borrower will not be able to pay the loan off in full, and the interest will begin to build up all over again at the high rate. This is called “rolling over” or “flipping” the loan.

How many times can the loan be rolled over?

By law, the lender may not allow the loan to be renewed more than six times. If the loan is rolled over that many times, the interest charged will be very high.

What happens if the loan is not paid off?

Except when there is fraud, the only thing the auto title lender can do is to repossess (take it from the borrower) and sell the car.

The lender may not sue the borrower to repay the loan, but he or she will take the

car. Contact a lawyer if this is about to happen.

What if after I sign the papers I want to get out of the deal?

You have the right to cancel or rescind the deal for one business day. Borrowers must repay the amount borrowed without interest until the close of business on the day after the date the original loan began.

For example, if someone borrows \$600 on Tuesday, he or she must give back all the money by the end of Wednesday, but will not have to pay any interest.

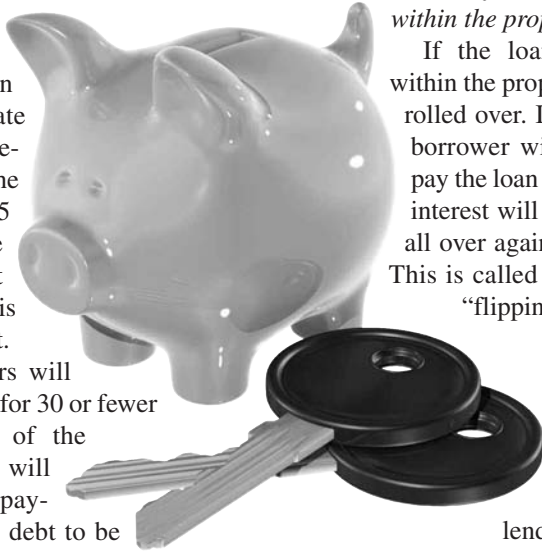
What if the auto title lender advertises a lower interest rate, then increases the rate in later renewals?

By law, the lender may not advertise or offer a lower interest rate for the original period if the interest rate increases in later renewals. For example, the lender may not advertise a 10 percent interest rate if that rate increases to 25 percent in the renewal periods.

Where should I go for help if I am having trouble with an auto title loan?

Call the Legal Assistance Office at the Office of the Staff Judge Advocate at 751-4287, and set up an appointment to see an attorney.

Attorneys will have advice on the best course of action to remedy the situation.



Employees should know the grievance process

By **MASTER SGT. ANTOINETTE GREEN**
Assistant Inspector General

Mrs. Jones has worked on Fort Happy for 13 years as a nonappropriated fund, or NAF, employee. Jones, who was on a probation period at work, was notified recently that Mr. Brown would be her new boss because of the promotion he received instead of her friend Mr. Lewis.

Jones immediately went to the IG Office to file a grievance about the promotion. According to AR 215-3 chapter 2-37 (NAF Personnel Policy) complaints about promotions may be processed through use of the grievance procedures and may be filed only by an employee impacted by the action by virtue of his or her own non-selection, for reasons besides alleged discrimination.

In the scenario above, Jones was not entitled to file a grievance.

The common goal is for disagreements to be settled promptly, fairly and in an orderly manner at the lowest level of supervision. Each person is encouraged to become fa-

miliar with the grievance and appeal process and their responsibilities.

Some steps in the grievance process may vary depending on whether a person is a NAF or GS employee or represented by the union. Certain matters are excluded from the grievance procedure some of the exclusions are retirement, separation while on probation period or for national security reasons.

In most cases, the first step is to try and solve the problem informally within the department with the immediate supervisor and then the next supervisor in line if the solution is not solved with the informal process then the employee may proceed with the formal grievance procedure.

Each grievance step has requirements that should be adhered to. For instance, there is a timeline that explains how many days an employee has in order to file an informal complaint or formal complaint, if one is necessary.

The grievant or the designated representative may forward a written complaint to the next level with new evidence. However, issues that were not introduced in step one

will not be introduced by either party in step two.

There is also a time line to adhere to depending on the type of grievance. For example, if an employee elects to grieve a formal disciplinary action it must be submitted within 10 working days of the date the employee receives the letter of reprimand or decision letter.

FOR MORE INFORMATION

Fort Jackson-negotiated grievance procedures for NAF employees can be found on the Fort Jackson Web site at <http://fortjacksonmwr.com/naf/contract.html#article%207>.

Additional procedures can be found at <http://cpol.army.mil/library/permis/5aa.html>.

The Civilian Personnel Advisory Center is located at 5450 Strom Thurmond Blvd, 2nd Floor, Room 229. Call 751-3219 for additional information.

FIRST RESPONDER

The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

Lt. Col. Ronald F. Taylor

Director,

Emergency Services/Provost Marshal

Sgt. Maj. Allen Taylor Jr.

Provost Sergeant Major

Billy Forrester

Fire Chief



CASES OF THE WEEK

❑ A water main break caused water, electrical and structural damage to more than 50 rooms in the Magruder Transient Building, Military Police said. The rupture was discovered after the Fort Jackson Fire Department responded to a fire alarm there. Approximately 170 residents were evacuated from the building and relocated, MPs said. The cause of the rupture is unknown.

❑ A civilian reported a vehicle hit her parked car in the Main PX parking lot, causing minor damages, MPs said. The driver of the other vehicle was not located.

❑ Fort Jackson Emergency Medical Services personnel evaluated a family member who appeared to be suffering from dementia, MPs said. MPs were called after receiving a report that a car was parked illegally in a walkway in front of the Provost Marshal Office. The family member was released to her daughter-in-law.

❑ A civilian received a five-year post bar letter after police discovered 26 grams of marijuana during a traffic stop, MPs said. The driver, who also received three traffic tickets, was initially stopped on Strom Thurmond Boulevard for driving with an expired registration.

TIP OF THE WEEK

Leaving a child unsupervised in a vehicle, even for a moment, is very dangerous. Not only is this practice dangerous, it is illegal.

Being a parent is tough, and pulling little ones in and out of the car can be difficult and time consuming. It can be tempting to leave that sleeping child in the car as you quickly run into the store to buy a loaf of bread or gallon of milk.

However, the disastrous consequences that may occur are not worth the time you might save. Every year in America, and on Fort Jackson, children are left in vehicles while parents run into a store.

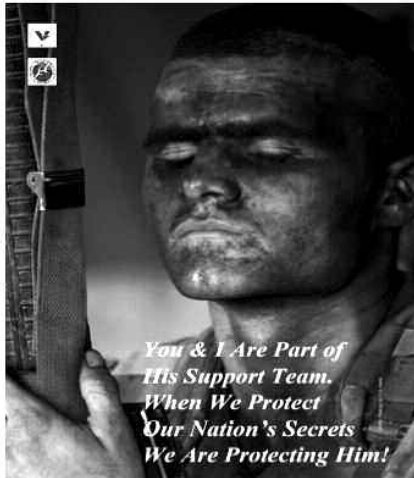
Although they may have been told not to, children have been known to touch gear shifts, steering wheels and gas pedals, often crashing the vehicle and causing injuries to themselves and others.

Parents or guardians can be charged with several offenses related to child endangerment or failure to properly supervise a child by leaving a child unattended in a vehicle.

Appropriate child welfare agencies may also be notified and legal actions could be initiated for the child's welfare.

crimestoppers
1-888-559-TIPS
www.midlandscrimestoppers.com

FORCE PROTECTION THOUGHT OF THE WEEK



**THINK
OPERATIONAL
SECURITY!!!**

Mr. Dwight Peters
Fort Jackson
OPSEC Officer
751-1675

Soldier-writer bids farewell

Have you ever had one of those moments that defined your life? In 2004, I met an Army officer serving in Iraq. The officer often talked about his desire to be taller, more muscular and even faster. Although he appeared to be the picture of good health, he never seemed satisfied with his size and shape.

One day, this officer got caught in the middle of a mortar attack. He was in the middle of an open field when multiple mortars began dropping all around him. The officer sprinted toward the nearest bunker, which was more than a football field-length away. He dodged and swerved gravel and shrapnel as the huge mortars exploded in front of him.

Just before he reached the bunker, a mortar landed 20 yards in front of him. In an instant, as if in slow motion, he watched a large piece of shrapnel sail about 5 inches directly over his head. He dove into the concrete bunker, safe from the impending danger, and was able to live to see another day.

As he took the next few days to reflect on the catastrophic event, he had an epiphany. He realized that if he had been 5 inches taller as he once desired, the shrapnel that flew over his head would have killed him.

He realized that if he had been a little faster as he once desired, the mortars that landed in front of him would have landed on top of him.

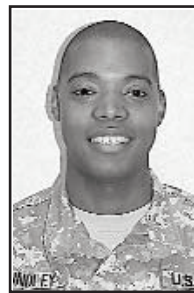
He also realized that if his shoulders had been broader as he once desired, the shrapnel would have amputated his arms. In that brief moment of reflection, he understood that his size and shape were perfect.

I am not ashamed to admit that the officer from the story is me. As I write my final article as a Fort Jackson employee and

COMMENTARY

By MAJ. THOMAS HUNDLEY

Special to the Leader



Soldier, I wanted to share with others the story behind my passion for fitness. It was that single event in Iraq that propelled me into my ultimate purpose of helping others achieve their ideal size and shape.

Research shows that genetics, age, ethnicity and gender all play a part in determining a person's ideal size and shape. Statistics also show that obtaining a slender frame does not guarantee a healthy body, nor does it determine physical fitness.

Our primary focus should always be to improve our overall health. Check with your doctor to determine your blood pressure, cholesterol level and overall health. Once you have achieved good health, your ideal body will shortly follow.

You may have heard the quote, "It's a thin line between love and hate." But in fitness, I say, "It's a thin line between size and shape."

This column will serve as my last dance, so to speak. As you continue to participate in physical exercise, always remember my quick quotes of fitness — "Lean with it, rock with it; shake it like a salt shaker; and drop it like it's hot!"

Sports shorts

❑ Volunteer coaches are needed for Youth Sports summer basketball teams. The season runs through July 31. Coaches must be certified by the National Alliance of Youth Sports Coaches Association. Certification training is provided free. For more information, call 751-5040.

❑ No softball games will be played next week. Play will resume July 8.

❑ Letters of intent for intramural and recreational golf are due Tuesday. Each team must consist of eight players. For more information, call 751-3096.

❑ The Army 10-miler qualifier is scheduled July 18 at 5:30 a.m. The runners will begin at Patton Stadium Gate on Kershaw and will turn right onto Dixie Drive, go out 5 miles and come back. Call 751-3096 for information.

❑ Small Games, July 23, Magruder's Pub. The tournament is for active-duty service members only. Register by 3 p.m., July 16. Games include 8-ball, table tennis, arm wrestling, darts and hot shot basketball. Soldiers can participate in one event only. For more information, call 751-3096.